

DEPARTMENT OF PHYSICAL EDUCATION AND ATHLETICS

ADMINISTRATION

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COURSES

The courses and fees described in this catalog are subject to change or cancellation at any time by official action of Cornell University.

Enrollment in any course is limited by the space available. Other restrictions are included in the course description. Most courses are coeducational. The specific time and place of class meetings, as well as information about fees, are available at physical education course registration. Course fees are billed through the Office of the Bursar.

Additional course offerings may be listed at registration, as the curriculum is frequently reviewed and changed.

Aquatic Courses

Lifeguard Training

Fall and spring. Prerequisite: current Red Cross adult CPR and standard first-aid certification.

One class a week, Teagle Hall.
An American Red Cross certification course. Practice and execution of survival and lifesaving skills. Certification is awarded on satisfactory completion of the course.

Scuba, Open-Water

Fall, spring, summer. Fee charged.
Teagle Hall.

Program includes skill training in a pool and open-water training in Cayuga Lake. P.A.D.I. open water certification awarded upon successful completion.

Scuba, Advanced Open-Water

Fall and Spring. Fee charged.
Advanced-level open-water training in Cayuga Lake. For those who have completed the open-water course.

Rescue Diver

Fall and spring. Fee charged.
Advanced course for scuba divers. For those who have completed Advanced Open-Water Scuba Diving.

Dive Master

Fall and spring. Fee charged.
Hours to be arranged. Teagle Hall.
Advanced-level scuba course open only to those who have completed the Rescue Diver course.

Specialty Scuba Diving

Fall and spring. Fee charged.
Courses offered in the following specialty areas: navigation, search and recovery, night diving, deep diving, and underwater photography.

Bahamas Scuba Diving

Fall and spring. Fee charged.
This course is offered during intersession periods. One week of sailing and diving in the Bahamas. See the information sheet at the registration table.

Springboard Diving

Fall and spring.
Two classes a week, Teagle Hall.
Instruction in the basic dives, including front (pike and layout), back, and twisting dives.

Swimming, Introduction to

Fall, spring, and summer.
Two classes a week, Helen Newman Hall and Teagle Hall.
Instruction and practice in basic skills leading to passing the basic swimming proficiency test.

Swimming, Advanced Beginning

Fall and spring.
Two classes a week, Helen Newman Hall and Teagle Hall.
This course is ideal for all who have taken one term of Beginning Swimming, regardless of whether the swimming test was successfully completed. Areas of special emphasis are the crawl stroke and rotary breathing, back crawl, elementary backstroke, sidestroke, breast-stroke, diving, treading water, and underwater swimming. The primary objective of the advanced beginning swim course is to strengthen the student's confidence and competence.

Swimming, Intermediate

Fall and spring.
Two classes a week, Helen Newman Hall and Teagle Hall.
Practice and perfection of basic skills and five basic strokes.

Swimming, Advanced

Fall and spring.
Two classes a week, Helen Newman Hall and Teagle Hall.
Practice and perfection of the eleven basic strokes.

Swimming Conditioning

Fall and spring. Prerequisite: good swimming ability.
Two classes a week, Teagle Hall and Helen Newman Hall.
Introduction to, and practice of, different training methods. Final objective: to swim 2,500 yards during class period.

Advanced Competitive Swim Conditioning

Fall. Prerequisites: a previous competitive swim experience and a previous aquatic conditioning class.
Five classes a week. Teagle Hall practice pool.
This course is offered to those who have highly advanced swimming skills and are interested in competitive swim training.

Swimming, Synchronized

Fall.
Two classes a week, Helen Newman Hall.
Sculling stunts, including the tub, marlin, log roll, front and back tuck somersaults, and front and back pikes.

Water Aerobics

Fall and spring.
Teagle Hall practice pool and Helen Newman Hall.
Water aerobics is a revitalizing way to get in shape and stay in shape. It offers the participant all of the components of a standard aerobics class in a refreshing aquatic environment: music, rhythmical routines, resistance activities, cardiovascular conditioning, stretching and flexibility. Water exercises have proven, over a extended period of time, to be as effective as the more traditional aerobics' programs but do not produce the injuries. It is the perfect way to exercise for old and young, fit and unfit, prenatal and new mothers, swimmers and non-swimmers.

Water Skiing

Fall and summer. Fee charged.
Three classes a week.
Introductory course for beginning water skiers. Conducted on the east shore of Cayuga Lake. Students must provide their own transportation to and from the lake.

Water Safety Instructor

Fall and spring. Prerequisite: American Red Cross Emergency Water Safety course.
Three classes a week, Helen Newman Hall and Teagle Hall. Students must not miss first class.
American Red Cross water safety instructor certification is awarded on satisfactory completion of the course.

Water Safety Instructor Refresher Course

Spring.
Three classes a week, Teagle Hall.
Selected sessions of the water safety instructor certification course.

Bowling Courses

Bowling

Fall and spring. Fee charged.
Two classes a week, Helen Newman Hall.
For the beginning and intermediate bowler. Shoe rental is included in the fee.

Dance Courses

Two or three classes a week, Helen Newman Hall/Center for Theatre Arts.
Develop flexibility, coordination, and the ability to perceive and reproduce phrases of dance movement with rhythmic accuracy, clarity of body design, and fullness of feeling. Auditions are required for admission to some advanced courses, since they require the mental and physical ability to perform more-complex phrases in various styles.

Ballet I

Fall and spring.
Two classes a week, Center for Theatre Arts.

Ballet II

Fall and spring.

Two days a week, Center for Theatre Arts.

Ballet III

Fall and spring.

Three classes a week, Center for Theatre Arts.

Ballroom Dancing

Fall and spring and summer. Fee charged.

One class a week, Helen Newman Hall.

Students and their partners must sign up at course registration.

Includes instruction in the waltz, swing, cha cha, calypso, tango, and others.

Exploration in Movement (A & B)

Fall and spring.

Two days a week, Center for Theatre Arts.

Jazz I

Fall and spring.

Two days a week, Helen Newman Hall.

Jazz II

Fall and spring.

Two days a week, Helen Newman Hall.

Modern Dance I

Fall and spring.

Two days a week, Center for Theatre Arts.

Modern Dance II

Fall and spring.

Two days a week, Center for Theatre Arts.

Modern Dance III

Fall and spring.

Two days a week, Center for Theatre Arts.

Modern Dance IV

Spring.

Three days a week, Center for Theatre Arts.

Tap Dance I

Fall.

Two days a week, Center for Theatre Arts.

Tap Dance II

Spring.

Two days a week, Center for Theatre Arts.

Equitration Courses**Basic, Intermediate, Advanced**

Fall and spring. Fee charged.

One class a week, Cornell Equestrian

Center. Class days and hours are arranged at registration.

Instruction in English riding and jumping.

First Aid/CPR Courses**First Aid, Responding to Emergencies**

Fall and spring. Textbook fee charged.

Two classes a week, Alberding Field House.

American Red Cross standard first-aid course. Certification is awarded on satisfactory completion of the course.

First Aid, Standard

Fall and spring. Textbook fee charged.

Two classes a week, Alberding Field House.

American Red Cross standard first-aid course. Certification is awarded on satisfactory completion of the course.

First Aid, Advanced and Emergency Care

Fall and spring. Fee charged.

American Red Cross certification is awarded on satisfactory completion of the course.

Cardiopulmonary Resuscitation (CPR) and Basic Life Support (BLS)

Fall and spring. No credit. Fee charged.

One class a week for two to four weeks, Alberding Field House.

American Red Cross CPR certification is issued on satisfactory completion of these courses.

Fitness Courses**Aerobic Dance**

Fall and spring. Fee charged.

Two classes a week.

A simple dance program designed to keep the cardiovascular system in top shape by making the body demand increased amounts of oxygen.

Exercise-Fitness-Nutrition

Fall and spring.

Two classes a week, Helen Newman Hall.

Ways in which exercises may be used in weight control, the role of nutrition and diet in weight control, and the design of an individual exercise and running program.

Fitness and Conditioning

Fall and spring.

Two classes a week, Teagle Hall.

Physical fitness program that embodies features of stretching exercises, weight lifting, and jogging. Students work on their individual training needs.

Fitness for Women

Fall and spring.

Two classes a week, Helen Newman Hall.

Fitness program that is geared toward women's own interests and abilities. Nutrition, time management, relaxation techniques, and stress management are included.

Flexibility and Toning

Fall and spring.

Two classes a week, Helen Newman Hall.

Overall stretching exercises.

Jogging

Fall and spring.

Two classes a week, Barton Hall and track.

A program to meet the needs of each participant. Increases capacity from jogging a few hundred yards to three miles at the end of twelve weeks.

Jogging Tours—Distance Running

Fall and spring.

Two classes a week, Barton Hall or Helen Newman Hall.

Each class consists of a two-to-three-mile jogging tour of a local area.

Triathlon

Fall and spring. Fee charged.

Designed to acquaint students with the components of, and conditioning for, triathlon (running, swimming, and bicycling).

Wellness and Fitness

Fall and spring. Fee charged.

Two classes a week, Helen Newman Hall Wellness Lab.

"Here's to a Healthier You" - A wellness experience for the busy student. This course will assess the student's physical fitness status, blood cholesterol levels, and overall lifestyle health habits. Each student will receive an individual exercise prescription and have access to the Wellness Program fitness room in Helen Newman Hall. Lectures on nutrition and stress management are also presented. This course has been made possible through the generosity of the Bateman family in

memory of Ms. Dorothy Bateman, Cornell's first director of women's sports and physical education (1920 to 1962).

Golf Courses**Golf, Introduction to**

Fall and spring. Fee charged.

Two classes a week, Moakley golf course or Alberding Field House.

A PGA program of instruction is geared to all levels of experience and ability. The objective is to give beginners enough skill to play, and to give more-advanced players direction in their thinking, practice, and play, through a thorough understanding of fundamentals. Equipment is furnished.

Golf, Recreational

Fall and spring. Limited to students who are experienced golfers. Fee charged.

Moakley golf course.

Students must provide their own clubs. Ten rounds of nine holes each must be played to complete the program.

Gymnastics Courses**Gymnastics, Introduction to**

Fall and spring.

Two classes a week, Teagle Hall.

Basic instruction in tumbling, dance for gymnastics, and use of all pieces of apparatus.

Gymnastics, Intermediate

Fall and spring.

Two classes a week, Teagle Hall.

Prerequisite: Beginning gymnastics or interscholastic or collegiate team experience.

Ice Skating Courses**Skating, Introduction to**

Fall and spring. For beginning to intermediate skaters. Fee charged.

Three classes a week for half a term, Lynah Rink.

Students provide their own skates or rent them at Lynah Rink.

Figure Skating, Introduction to

Fall and spring. Fee charged.

Three classes a week for half a term, Lynah Rink.

Instruction and practice in basic figure skating techniques: forward and backward, cross-overs, turns, and spirals. Students provide their own figure skates or rent them at Lynah Rink.

Figure Skating, Intermediate

Fall and spring. Limited to experienced skaters. Fee charged.

Three classes a week for half a term, Lynah Rink.

Intermediate figure skating techniques. Students provide their own figure skates or rent them at Lynah Rink.

Figure Skating, Advanced

Fall and spring. Fee charged.

Three classes a week, Lynah Rink.

Advanced figure skating techniques. Students provide their own figure skates or rent them at Lynah Rink.

Martial Arts—Self-Defense Courses**Boxing, Introduction to**

Fall and spring.

Two classes a week, Teagle Hall.

Fundamentals of training methods.

Boxing, Thai

Fall and spring. Fee charged.

One 2-hour class per week, Alberding Field House.

A martial art system developed from the unique culture of Thailand is a blend of art, science, and sport.

Fencing, Introduction to

Fall and spring. Fee charged.

Two classes a week, Helen Newman Hall. Includes warm-up exercises and all basic offensive and defensive moves. Equipment is furnished.

Fencing, Intermediate

Fall and spring. Fee charged. Prerequisite: Introduction to Fencing or the equivalent.

Two classes a week, Helen Newman Hall. Interclass competition is stressed. Equipment is furnished.

Judo, Introduction to

Fall and spring. Fee charged.

Two classes a week, Teagle Hall. Conditions and increases suppleness. Continue to develop skills in the two parts of judo: standing techniques (throws and trips) and mat techniques.

Judo, Intermediate

Fall and spring. Fee charged.

Two classes a week, Teagle Hall. Conditions and increases suppleness. Continue to develop skills in the two parts of judo: standing techniques (throws and trips) and mat techniques.

Karate, Introduction to

Fall and spring. Fee charged.

Two evening classes a week, Teagle Hall. A beginning course taught by professional staff.

Karate, Advanced

Fall and spring. Fee charged.

Two evening classes a week, Teagle Hall. Open to those who have taken Basic Karate or the equivalent.

Kung Fu

Fall and spring. Fee charged.

Two classes a week, Teagle Hall. Exploration of conditioning and fitness procedures used in the major martial arts, such as karate or judo. Covers circular movement for generating strong blocks, kicks, and punches.

Pa Tuan Chin

Fall and spring.

Two classes a week, Teagle Hall. Pa Tuan Chin (Eight Pieces of Brocade) is a type of exercise from China that develops strength and energy in the body. Movements, which are coordinated with special breathing patterns, are slow, smooth, and deliberate. Muscle exertion can vary depending upon the needs and life-style of the practitioner.

Self-Defense for Women

Fall and spring. Fee charged.

Hours to be arranged, Teagle Hall. Basic methods of physical protection for women.

Tae Kwon Do, Introduction to

Fall and spring. Fee charged.

A Korean martial art distinguished by its emphasis on high and powerful kicks. Basic kicking, punching, and blocking are emphasized.

Tae Kwon Do, Intermediate

Fall and spring. Fee charged.

A Korean martial art distinguished by its emphasis on high and powerful kicks. Intermediate-level kicking, punching, and blocking are emphasized.

Tae Kwon Do, Advanced

Fall and spring. Fee charged.

A Korean martial art distinguished by its emphasis on high and powerful kicks. Advanced-level kicking, punching, and blocking are emphasized.

T'ai Chi Chuan, Introduction to, and Intermediate

Fall and spring.

Two classes a week, Teagle Hall. Introduction to T'ai Chi, a system of graceful, slow-movement exercises that aim at nurturing relaxation, deep breathing, and improved circulation.

Outdoor Education Program

See the brochure for the Cornell University Outdoor Education Program at registration for more information about courses.

Advanced Climbing Courses**Ice Climbing**

Spring. Fee charged.

Four outings to local state parks and gorges.

Outdoor Top Roping

Fall, spring. Fee charged.

Two full weekends traveling to climbing areas across New York State.

Shawangunks Rock-Climbing

Fall, spring. Fee charged.

Four-day climbing camp at the Shawangunks.

Backpacking Courses**At Home on Earth**

Fall, spring. Fee charged.

Backpacking skills with a strong environmental focus.

Backpacking in the Finger Lakes

Fall, spring. Fee charged.

Classes lead to two full weekends on the trail.

Southwest Natural History

Spring. Fee charged.

Spring Break trip to the SW deserts and canyons.

Trail Maintenance

Fall, spring. Fee charged.

Work with the local trails club to support and maintain trail systems.

Wilderness Skills

Fall, spring. Fee charged.

Break trip focusing on wilderness travel and living skills.

Biking Courses**Bike and Hike**

Fall, spring. Fee charged.

Four full days exploring local countryside.

Bike Repair, Beginning

Fall, spring. Fee charged.

Two evenings of hands-on repair work.

Bike Repair, Intermediate

Fall, spring. Fee charged.

One evening of hands-on repair work.

Mountain Biking

Fall and spring. Fee charged.

Four full days exploring local countryside.

Canoeing Courses**Canoeing, Adirondacks**

Fall. Fee charged.

Break trip explores the beauty of the Adirondacks via canoe.

Canoeing, Flatwater

Fall, spring. Fee charged.

Four full days paddling local waterways.

Canoe/Camping, Flatwater

Fall, spring. Fee charged.

Four full days paddling local waterways including an overnight.

Canoeing, Whitewater

Fall, spring. Fee charged.

Includes a full weekend of whitewater paddling.

Caving Courses**Caving**

Fall, spring. Fee charged.

Two full weekends in Pennsylvania caves.

Fly Fishing Courses**Fly Fishing and Basic Flytying Techniques, Introduction to**

Fall and spring. Fee charged.

One class a week, Alberding Field House. Introduction in fly casting skills and the art of tying artificial flies. Special Conditions: N.Y.S. fishing license required and each student must provide their own wader boots.

Hiking Courses**Day Hiking**

Fall, spring. Fee charged.

Day outings in the Finger Lakes Region.

Snowshoeing

Spring. Fee charged.

Day outings in the Finger Lakes Region.

Kayaking Courses**Whitewater Kayaking**

Fall, spring. Fee charged.

Includes a full weekend of whitewater paddling.

Sea Kayaking

Fall, spring. Fee charged.

Break trip exploring various coastal areas.

Outdoor Leadership**Expedition Medicine**

Fall, spring. Fee charged.

One evening focusing on staying healthy in foreign countries.

Outdoor Leadership

Spring. Fee charged.

Training course for outdoor education instructors.

Wilderness Emergency Care, Basic

Fall, spring, summer. Fee charged.

Full weekend of wilderness first aid and CPR.

Wilderness Emergency Care, Advanced

Fall, spring. Fee charged.

Two evenings of specialized wilderness care.

Rock-Climbing Courses

Basic Rock-Climbing

Fall, spring, and summer. Fee charged. Seven afternoons climbing inside on the Lindseth climbing wall.

Basic Rock-Climbing, for Women

Fall, spring. Fee charged. Seven afternoons climbing inside on the Lindseth climbing wall taught by and for women.

Basic Mountaineering

Fall, spring, and summer. Fee charged. Six afternoons at local parks and wilderness areas, some classes on indoor Lindseth climbing wall.

Continuing Rock-Climbing

Fall, spring. Fee charged. Seven afternoons of advanced climbing techniques on the Lindseth climbing wall.

Skiing—Cross-Country Courses

Cross-Country Skiing, Basic

Spring. Fee charged. Six 3 1/2-hour classes travel to local areas to ski.

Cross-Country Skiing, Intermediate

Spring. Fee charged. Six 3 1/2-hour classes travel to local areas to ski.

Cross-Country Ski Day Touring

Spring. Fee charged. Four full-day weekend outings. Emphasis on backwoods touring.

Telemark Skiing

Spring. Fee charged. Four evenings of skiing at Song Mountain Ski Area.

Personal Growth Courses

Alexander Technique

Fall and spring. Two classes a week, Helen Newman Hall. Exercise routines that increase sensory awareness.

Body-Mind Connection

Fall and spring. One 2-hour class per week, Helen Newman Hall. Activities in this course are drawn from ancient Eastern practices as well as modern Western psychology, and are designed to give the student first-hand experience of the interaction between their own bodies and minds.

Explorations in Meditation

Fall and spring. Two classes a week, Teagle Hall. This course provides the opportunity to explore a variety of ancient and modern methods designed to bring one to the state of meditation. The methods serve to evoke the deep relaxation from which heightened awareness and creativity arise.

Health Education for Student Athletes

Fall and spring. Two classes a week, Schoellkopf Hall. To promote and encourage lifestyle choices on the part of student athletes that will help them establish and maintain high levels of all-around health, and thereby contribute positively to their academic and athletic achievement.

Invincible Woman

Fall and spring. Fee charged. One 1 1/2-hour class per week, Helen Newman Hall. A yoga course and more! Techniques include exercise sets, breath regulation, sound-current (mantra) and meditation.

Relaxation and Stress Management

Fall and spring. Two classes a week, Helen Newman Hall. Introduction to basic relaxation techniques for the reduction of everyday stress. Techniques will be taught that can be used in normal everyday living situations.

Yoga, Introduction to

Fall, spring, and summer. Fee charged. Two classes a week, Teagle Hall. Fundamentals of hatha-yoga. Covers basic postures, breathing techniques, and deep relaxation. Introduces chanting.

Yoga, Intermediate

Fall and spring. Fee charged. One (1 1/2 hour) class a week, Helen Newman Hall. Designed for those who have completed Yoga I or its equivalent.

Racquet Sports Courses

Badminton, Introduction to

Fall and spring. Helen Newman Hall. Two classes a week. Fundamental shots, scoring, and general play.

Badminton, Intermediate

Fall and spring. Helen Newman Hall. Two classes a week. Review of fundamental shots, scoring, and general play.

Racquetball, Introduction to, Intermediate, and Advanced

Fall, spring, and summer. Fee charged. Two classes a week, Grumman Squash Courts. Instruction at appropriate levels. Equipment is furnished. Protective eyewear required.

Racket Games

Fall and spring. Two classes a week, Grumman Squash Courts and Helen Newman Hall. Racquetball, squash, badminton, tennis, and pickleball. Playing fundamentals, scoring, and rules are stressed. Interclass competition.

Squash, Introduction to, Intermediate and Advanced

Fall, spring, and summer. Fee charged. Two classes a week, Grumman Squash Courts. Classes for appropriate level of play. Equipment is furnished. Protective eye wear required.

Tennis, Introduction to

Fall and summer (outdoor). Spring (indoor—fee). Helen Newman Courts/Reis Tennis Center. Two or three classes per week. Basic skills taught include forehand, backhand, serve, and volley. Scoring methods taught.

Tennis, Intermediate

Fall and summer (outdoor). Spring (indoor—fee). Kite Hill courts/Reis Tennis Center. Two or three classes per week. Review basic strokes plus topspin and underspin. Doubles strategy emphasized.

Tennis, Advanced

Fall (outdoor). Spring (indoor—fee). One to three classes per week. Kite Hill courts/Reis Tennis Center. Advanced strokes taught and doubles play emphasized. Recommended for tournament players or those with previous team experience.

Sailing Courses

Board Sailing (Wind Surfing)

Fall, spring, and summer. Fee charged. Ten instructional lessons plus free practice times. The equipment is furnished. A Mistral Board Sailing Academy certificate is awarded on successful completion of the course.

Catamaran, Introduction to

Fall, spring, and summer. Fee charged. One or two classes per week. Learn unique skills necessary for sailing multi-hull catamarans.

Large-Boat Sailing, Introduction to

Fall, spring, and summer. Fee charged. One class a week, Cayuga Lake. Instruction in basic sailing skills and safety principles. Students sail small and large boats on Cayuga Lake, weather permitting.

Small-Boat Sailing, Introduction to

Fall, spring, and summer. Fee charged. One or two classes a week, Cayuga Lake. Learn basic skills necessary to sail small sailboats and basic keelboats safely.

Small-Boat Sailing, Competitive

Fall and spring. Fee charged. One day per week, Cayuga Lake. Vanguard 420 sailboat used for the course. USYRA Rules Book used as a text for the course. Fee includes one-year membership in university sailing team program.

Skiing and Snow Boarding

Downhill Skiing and Snowboarding

Spring. Fee charged. One class a week, Greek Peak or Song Mountain. Transportation, instruction, ski-lift fees, and skiing time are offered in a package deal. Greek Peak and Song Mountain personnel are present at registration to explain the program and accept fees. Bus transportation to Greek Peak is provided six afternoons a week for six weeks. Bus transportation to Song Mountain (Friday only).

Cross-Country Skiing - See Outdoor Program.

Target Shooting Courses

Archery, Introduction to

Fall and spring. Two classes a week, Alberding Field House. Instruction in the care of equipment; seven basic steps for shooting; scoring; practice shooting at twenty, thirty, and forty yards.

Archery, Intermediate

Fall and spring. For those who have basic experience.

Pistol, Introduction to

Fall and spring. Fee charged.

Barton Hall range.

Instruction in the use of the pistol in the three modes of fifty-foot competitive target shooting—slow fire, timed fire, and rapid fire. Emphasis placed on safety and responsibility while firing.

Riflery

Fall and spring. Fee charged.

Two classes a week, Barton Hall.

Instruction and practice in the techniques of target riflery from various shooting positions.

Trap and Skeet

Fall and spring. Fee charged.

Two-hour class one afternoon a week, Teagle Hall.

Includes lectures and shooting at the Tompkins County Rod and Gun Club range. Guns and shells are furnished.

Team Sports Courses**Basketball**

Fall and spring. Barton Hall and Alberding Field House.

Two classes a week.

Fundamental drills in passing, shooting, and dribbling. Scrimmages each class session.

Field Hockey

Spring.

Two classes a week, Alberding Field House and Schoellkopf stadium.

Instruction in basic and advanced skills. 6-aside competition on astroturf surface.

Ice Hockey, Introduction to

Fall and spring. Fee charged.

Two classes a week, Lynah Rink.

Stick handling, passing, and shooting are stressed. Students provide their own skates and sticks; all other equipment is furnished.

Ice Hockey, Intermediate

Fall and spring. Fee charged. Prerequisite: beginning hockey or previous participation in organized hockey.

Two classes a week, Lynah Rink.

This course is designed for the intermediate hockey player. Advanced techniques taught include positioning, power play, penalty killing, and offensive and defensive attack. Each session emphasizes game situations and scrimmaging. Skates and hockey sticks must be supplied by the participants. All other necessary equipment will be supplied.

Lacrosse

Fall.

Two classes a week, Helen Newman Field.

Instruction and practice in basic skills (cradling, passing, catching, goal shooting, checking) and team play.

Soccer

Spring.

Two classes a week, Schoellkopf Field.

Introduction to the game. Includes basic individual skills (passing, trapping, shooting) and team play and strategy.

Team Handball

Fall and spring.

Two classes a week, Alberding multipurpose room.

Team handball combines the skills of running, jumping, catching, and throwing into a fast-moving, exciting game. Elements of soccer, basketball, hockey, and water polo all can be seen in team handball. The basic objective is

to outmaneuver the opponent by passing the ball quickly and then throw the ball past the defense and goalie to score.

Volleyball, Introduction to

Fall and spring.

Two classes a week, Alberding Field House.

Fundamentals of ball handling, serves, defensive blocks, and position play are stressed. Classes will scrimmage.

Volleyball, Intermediate

Fall and spring.

Two classes a week, Alberding Field House.

Passing and blocking strategy; scrimmages in class.

Volleyball, Advanced

Fall and spring.

Two classes a week, Alberding Field House.

Offensive and defensive team strategy is emphasized in class scrimmages.

Weight Training Courses**Nautilus**

Fall, spring, and summer. Enrollment limited to capacity of facilities. Fee charged.

Two or three classes a week, Schoellkopf Hall.

Advanced weight lifting on specifically designed apparatus. There are ten stations in the room.

Olympic Weight Training

Fall and spring.

Teagle Hall.

Introduces the student to the proper use of olympic weights for improving physical condition and muscular strength. Instruction with focus on the relation between high-rep light weight lifting, low-rep heavy lifting, and the development of bulk, strength, and endurance.

Universal Weight Training

Fall and spring.

Two classes a week, Teagle Hall.

Classes include instruction in correct lifting techniques involving all muscle groups. Recreational classes are established for experienced lifters; structured classes are for novices. Universal weights are used.

Independent Study**Independent Study**

Fall and spring.

Independent study is designed for those who have difficulty fitting any of the regularly scheduled courses into their academic program. Class activities will be based on personal fitness programs. A term paper is required. Special permission to enter this program must be granted by the program director.